



Pantry Partner

C / O North Dakota Community Action Association



*Meat and potatoes from North Dakota are on the menu at
Agraria Restaurant,
a farmer owned restaurant in
Washington, DC*

Originally conceived by the North Dakota Farmers Union with the intent to promote and enable the American family farmer to capture a greater share of the food dollar, the Agraria Restaurant is a family-farmer owned and sourced restaurant with contemporary American cuisine that emphasizes meat, pasta and seasonal dishes from across the country. By dining with us you are helping to support family farmers that proudly supply the food, "From Our Fields to Your Table™."

The Agraria logo features sunflower and grain products that represent (i) a few of the many food items farmed and subsequently provided by the company's farmers, ranchers and cooperative partners. Our slogan, "**From Our Fields...to Your Table**," builds upon that logo by promoting the combination of fresh product sourcing, operation and ownership; which ultimately describes and benefits family farmers.

Agraria Restaurant uses gourmet beef from the heart of the Dakotas--Sheyenne Valley. Their beef products are UNIQUE because they control the product from start to finish, including source verification from small family farm cattle producers right in the heart of the Dakotas. Their cattle producers provide quality care to create a healthy environment for healthy beef. <http://www.sheyennevalley.com/>

From crop to cup...Agraria sources the ground coffee for its French presses and espresso beans from MoJo Roast, personal coffee roasters just south of Westhope, North Dakota. MoJo Roast selects the finest Arabica coffee beans from all over the world and roasts 100% Ethiopian organic beans (caffeinated) and Peru beans (100% organic Swiss water decaffeination process) into Agraria's roasted coffee. The espresso blend combines two organic beans and one all-natural bean into the delicious espresso beverages enjoyed at Agraria. <http://www.mojoroast.com/aboutus.htm>

Agraria was designed by the award-winning architectural firm Adamstein & Demetriou Architecture & Design. Agraria features farm photography by renowned architectural photographer Maxwell MacKenzie. Photos from his "Abandonings" and "Markings" series, featuring farms in North Dakota and Minnesota, are hung throughout the restaurant and private dining rooms. <http://www.maxwellmackenzie.com/>

For more information on Agraria Restaurant, visit them online at :
<http://www.agrariarestaurant.com>

Source: <http://www.agrariarestaurant.com>

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*The North Dakota Community Action Association and the Pantry
Partner would like to wish you a wonderful Holiday Season!*



FOOD STAMP PROGRAM OUTREACH KIT FOR STORES

The U.S. Department of Agriculture (USDA) has a new toolkit specially designed for use by retailers of any size to increase the nutrition of low-income Americans, decrease food insecurity, and foster partnerships between state, local, faith-based, and business partners through Food Stamp Program outreach. The toolkit may be copied without permission.

To download, go to
www.fns.usda.gov/fsp/outreach/retailer4it.htm.

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Flu season is underway. To help protect yourself and your family, head to [Flustar.com](http://Flustar.com). Data from around the country is compiled twice each week during the flu season. At this website, you can see where flu outbreaks have occurred, as well as the severity of these outbreaks. Depending on the flu forecast for your region, you can decide if you should be heading out to a

theater or  
renting a  
movie and  
watching it  
at home.



## Featured Recipe Quick Taco-Mac

- 1 lb. ground venison or ground beef
- 1 packet taco seasoning
- 1 (14.5-oz.) can whole tomatoes, undrained **OR** 1 (15-oz.) can tomato sauce
- 1 c. water
- 1 box macaroni and cheese

### Directions:

1. In medium skillet, brown ground meat until crumbly.
2. If using canned whole tomatoes, cut or break up the tomatoes.
3. Stir in rest of ingredients, including the cheese packet from the macaroni and cheese.
4. Bring to a boil; reduce heat, cover and simmer 20 minutes. Sprinkle with cheddar cheese, if desired.

Makes 6 servings

Per serving: 247 calories, 30g carbohydrate, 4g fat, 1g fiber and 866mg sodium



## The Legend of the Poinsettia



In Mexico, poinsettia plants grow wild. There is a charming legend dating back several centuries that explains the presence of this red and green plant and why it blossoms each year during the Christmas season.

One Christmas Eve, a small girl named Pepita traveled to church empty-handed, as she had no gift to give the Christ Child. Her cousin Pedro, who was walking with her, told

her that the best gift she could give was a humble one, as long as it was given in love. So, as she walked, Pepita gathered some weeds she found along the roadside and fashioned them into a small bouquet. Although she finally had a gift, she still felt saddened by the shabbiness of it. When she finally entered the church and approached the altar, she was surprised by a miracle--the weeds had blossomed into brilliant red flowers. From that day on, these bright red flowers were called Flores de Noche Buena, or Flowers of the Holy Night. Today, we call this plant the poinsettia.

## Small Steps to Better Nutrition

**Make it fast:** Keep fresh fruit on the kitchen counter or table for a fast and portable snack on the way out to (or back in from) work or school.



**Make it easy:** Keep small (or cut up) pieces of fruits and vegetables in the refrigerator for snacks or for making fast and easy bag lunches.



**Make it your way:** Request that your favorite restaurant serve you a salad or fruit instead of French fries with lunch.



**Make it fun:** Make faces from sliced banana or raisins on peanut butter spread on half a whole grain English muffin for your child's lunch.



**Make it a gift:** Take a frisbee and, using it like a plate, load on some fruit (bananas, apples, tangerines) a bag of baby carrots, a pair of athletic sox and a pedometer. Wrap in clear wrap and tie with a bow as a gift for your favorite person.

**Make it portable:** Buy small cans of fruit or vegetables to toss into a purse, backpack, lunch bag, or pocket for a portable snack. Don't forget the spoon!



**Make it interesting:** Try something new. Put a carrot, parsnip, plum, and Pluot in a bag. Have the family close their eyes and try to identify the items by how they feel. Then have them taste the items with their eyes still closed!

**Make it healthy:** Eating 5 to 9 servings of fruits and vegetables each day offers huge health benefits like fighting cancer, giving added fluid, increasing fiber, and great flavor.



## HHS and FDA Announce New Tools to Help Consumers Use the Nutrition Facts Label

The Department of Health and Human Services (HHS) and the Center for Food Safety and Applied Nutrition (CFSAN) in HHS's Food and Drug Administration (FDA) today announced the availability of two new learning tools to help consumers use the Nutrition Facts label to choose nutritious foods and achieve healthy weight management.

Make Your Calories Count is an interactive online learning program that is also available in a downloadable format. It is designed to help consumers understand and use the Nutrition Facts label to plan a healthy diet while managing calorie intake. The program guide features an animated character called "Labelman" who expertly leads the viewer through a series of exercises on the food label. The program includes exercises to help consumers explore the relationship between serving sizes and calories, while they learn how to limit certain nutrients and get enough of others. For simplicity, the program presents two nutrients that should be limited (saturated fat and sodium) and two nutrients that should be consumed in adequate amounts (fiber and calcium). Consumers can use the Nutrition Facts label to take control of their caloric intake and weight and to make healthy food choices, if they know how. This program will show consumers how, in part, by explaining what serving sizes, percentages, and daily values mean and how to use them. This program is available for online use and in a downloadable format at [www.cfsan.fda.gov/labelman](http://www.cfsan.fda.gov/labelman).

FDA is making available a new downloadable Nutrition Facts Label brochure that is targeted for use by consumers. The brochure can also be used by health professionals to teach people how to make healthier food choices. The brochure describes how consumers can use the Nutrition Facts label as they shop and plan meals. The brochure includes information that will help consumers understand the relationship between calories and serving size, which may help them use the label to manage their intake of calories. This brochure is available at <http://www.cfsan.fda.gov/~dms/lab-gen.html>.

For more information visit: [www.fda.gov](http://www.fda.gov)

## Long Distance Pays Off

Taxpayers can claim a refund of up to \$60 on their 2006 federal taxes with no questions asked as the government attempts to return \$8 billion in long-distance telephone taxes that courts have ruled should not have been collected.

A line for the refund will appear in the 2006 federal tax return. The refund is for taxes billed for any phone service -- cell, fax, computer or land line -- during the 41 months from Feb. 28, 2003, through July 31, 2006, when the IRS stopped imposing the assessment.

Without having to keep or produce any records, a person filing a return with one exemption can claim \$30; two exemptions, \$40; three exemptions, \$50; and four or more exemptions, \$60. For example, a married couple filing a joint return with two dependent children, for a total of four exemptions, would be eligible for the maximum \$60. Taxpayers who think they deserve a larger refund can claim it but will have to produce old telephone bills or other records of payment for the period if audited. IRS officials think most people will opt for the no-proof-required, \$60 maximum alternative.



## Information Request

For any additional information or to submit a news bit for the next newsletter, please complete this form and return it the address listed below.

Please send me additional information on:

- |                                                |                                                      |
|------------------------------------------------|------------------------------------------------------|
| <input type="checkbox"/> Community Action      | <input type="checkbox"/> Food Gleaning               |
| <input type="checkbox"/> Food Dialog Workshop  | <input type="checkbox"/> Grant Opportunities         |
| <input type="checkbox"/> Other: please specify | <input type="checkbox"/> Food Needs Assessment Study |

☐ I would like to contribute a story, or news bit for the next newsletter. Please contact me.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

Phone \_\_\_\_\_

Comments:

**C/O North Dakota Community  
Action Association  
3233 South University Drive  
Fargo, ND 58104-6211**



## Tax Time is just around the corner!

The Volunteer Income Tax Assistance program or VITA offers free tax help to low- to moderate-income people who cannot prepare their own tax returns. Certified volunteers receive training to help prepare basic tax returns in communities.

VITA can help you with special credits, such as Earned Income Tax Credit (EITC), Child Tax Credit, and Credit for the Elderly for which you may qualify. In addition to free tax return preparation assistance, most sites also offer free electronic filing (e-filing). Individuals taking advantage of the e-file program will receive their refunds in half the time compared to returns filed on paper -- even faster if you have your refund deposited directly into your bank account.

Many Community Action agencies as well as other organizations across the state of ND offer Volunteer Income Tax Assistance or VITA to assist with preparation of state and federal returns for low- to moderate income individuals.

**For more information on this program please contact your local Community Action Agency or Ann Pollert at 701-232-2452 or 1-800-726-7960.**

### ~~~~~ Items you need to bring to have tax returns prepared

- Proof of identification
- Social Security Cards for you, your spouse and dependents and/or a Social Security Number verification letter issued by the Social Security Administration
- Birth dates for you, your spouse and dependents on the tax return
- Wage and earning statement(s) Form W-2, W-2G, 1099-R, from all employers. Interest and dividend statements from banks (Forms 1099)
- A copy of last year's Federal and State returns *if available*
- Bank Routing Numbers and Account Numbers for Direct Deposit
- Total paid for day care provider and the day care provider's tax identifying number (the provider's Social Security Number or the provider's business Employer Identification Number)

**\*\*To file taxes electronically on a married filing joint tax return, both spouses must be present to sign the required forms.**



## GRANT RESOURCES

**Barnes & Noble** For local and regional donations and sponsorships, submit your proposal to the community relations manager or store manager at your local Barnes & Noble store. Stores can be located using the [store finder](#). The proposal will be reviewed to see if it meets the above criteria. A limited number of proposals will be forwarded to the district manager and regional community relations manager for approval. Please allow 60 days for a decision.

**America the Beautiful Fund** America the Beautiful Fund is again offering grants of FREE SEEDS! for community planting projects. These are 2004-2005 seeds with germination rates of 90-95%. <http://www.treetures.com/seedsform.html>

**MDU Resources Foundation** Funding is awarded in the areas of health and human services, education, civic and community activities, culture and art and the environment. The website has specific information about the grant opportunities: [www.mdu.com/the\\_vision/vision\\_foundation.htm](http://www.mdu.com/the_vision/vision_foundation.htm).

## Quick Tip: Home Tip



Living in an apartment can mean that you are not able to change or upgrade your home as you would if you owned a home. You can still take some simple steps to reduce your energy costs. Consider these:

- Use easy-to-install window-sealing kits to block out drafts and save you on your energy bill.
- Change the filter in your furnace once a month during heating season.
- During winter, close drapes and blinds at night. This can reduce heat loss through windows by up to sixteen percent.
- Move obstructing furniture and draperies away from radiators, baseboard units, and air registers.



## Quick Tip: Saving Money


**Creative ideas for inexpensive, thoughtful Holiday gifts**

- Stationary cards/paper and a pen
- A deck of cards with a book of card game rules
- Stationary, some pens, and some stamps
- A bird feeder and some birdseed
- Gardening gloves with flower seed and a garden book
- Spices, measuring spoons, and an ethnic cookbook
- A disposable camera and a photo album
- Gourmet popcorn and flavored oil
- Pancake or waffle mix and real maple syrup
- Local honey, tea, and some muffin mix
- Set of dish towels and pot holders
- An address/phone book and prepaid long distance cards
- Christmas ornaments, homemade by the kids



## It is a Fact!

Langdon, North Dakota, had forty-one days below 0 degrees F from November 11, 1935, through February 20, 1936. Burrrrrr!



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WE'RE ON THE WEB!  
[WWW.NDCAA.ORG](http://WWW.NDCAA.ORG)

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